

Monthly Progress Report

January 2022



RAMAIAH
International Centre for
Public Health Innovations

This monthly progress report entails RICPHI's activities/tasks' status for January 2022.

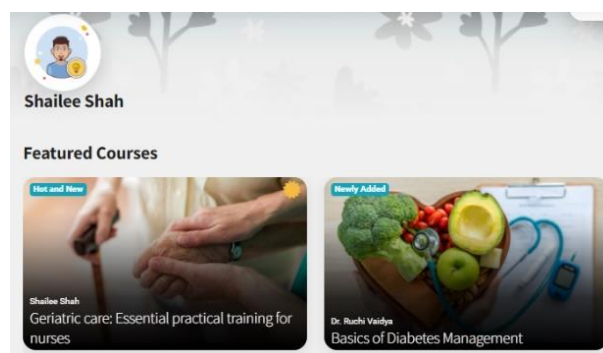
Trainings

Emergency First Responder Training: On January 4, 2022, Ramaiah International Centre for Public Health Innovations (RICPHI) facilitated the Department of Emergency Medicine, Ramaiah Medical College (RMC) in conducting a hands-on Emergency First Responder training course for 35 public and private sector medical doctors from Tiptur, Karnataka. The interactive program offered practical demonstrations and skill transfer around medical emergencies including risk assessment of a collapsed victim, Cardiopulmonary Resuscitation (CPR) and AED deployment, how to stop bleeding in a lacerated wound, extrication, and transportation of victims of trauma and cardiovascular emergencies. The session concluded with feedback from the participants and their certification on successful completion of a post-test. RMC and RICPHI have jointly planned for more training sessions in the near future.



MPH course at Ramaiah University of Applied Sciences: RICPHI staff completed the following courses for MPH students of Ramaiah University of Applied Sciences (RUAS): Non-Communicable Diseases (NCDs) & Public Health Nutrition, and Environmental & Occupational Health in 3rd semester and Health Systems & Policy, and Demography & Population Sciences in 1st semester.

Geriatric care for nursing & medical officers: On 4th January 2022, Ramaiah Medical College & Hospitals in technical collaboration with Ramaiah International Centre for Public Health Innovations (RICPHI), launched an online course titled "Geriatric Care- Essential Practical Training for Nurses". This course is hosted on RICPHI's in-house training platform S.H.A.R.P.E.N. trainer and was launched by Dr. Medha Y. Rao, Principal & Dean, Ramaiah Medical College supported by the Geriatric Department and the Nursing Supervisors, Ms. Lissy John and Ms. Lysamma Mathew. The entire learning module and program was co-ordinated by Dr. Shalini Pradeep, Professor, Department of Community Medicine, Ramaiah Medical College. This course will help nurses upgrade their practical approaches which are required in the care of a geriatric patient along with refreshing the essential knowledge already obtained during their nursing course. Close to 800 nurses from the two Ramaiah hospitals have enrolled for the course.



Research

Peer reviewed publications:

RICPHI team lead by Dr. Ruchi Vaidya, Assistant Professor, Nutrition, conducted a study on understanding the impact of the lockdown on the mental health of adolescents during the first wave of the COVID pandemic. This first pan India study titled **"Depression, Anxiety, and Stress among Indian Youth during the COVID-19 Lockdown"** has been published in the Journal of Mental Health and Human Behaviour. The paper can be accessed from [JMHBB.org/262153-2915919_080559.pdf](https://jmhbb.org/262153-2915919_080559.pdf)

Systematic review: A review on the role of modern menstrual hygiene products on health outcomes of women is going on. RICPHI staff has successfully registered the review in PROSPERO.

Services

Ramaiah Community Outreach Program: This program is aimed at evolving a continuum of care model for chronic disease management in rural and peri-urban areas in 6 districts around Bangalore. Field workers called Health Resource Officers (HROs) have already been stationed at Tumkuru and catchment areas of Chikkaballapura, who facilitate establishment of peer wellness groups in the communities they serve. In Tiptur Taluka and its adjoining areas, RICPHI is engaged in improving referral linkages between local physicians and the two Ramaiah hospitals. A team of select medical providers from Tiptur were given the opportunity to be a part of the hands-on Emergency First Responder Training Program organized by RICPHI in collaboration with the Emergency Medicine Department, Ramaiah Medical College.

BIRAC Project on Clinical Trial Network (CTN) Diabetology: RICPHI's statistician has been supporting the Central Research Cell of Ramaiah Medical College in a hospital based multi-centric diabetes registry and has developed the protocol and SOP for the study to maintain uniformity across all the sites.

Grant writing

Almonds are Us: Dr. Ruchi Vaidya, Assistant Professor, Nutrition, RICPHI submitted a proposal to the Almond Board of California along with Dr. Pramila Kalra, Dept. of Endocrinology, RMC as her mentor, titled "**Effect of almond supplementation on gut health and glycemic control in adults with prediabetes in rural settings of Karnataka, India: impact assessment in a cluster parallel randomized trial**", which is currently under the final stages of review at Almond Board of California (ABC). In January 2022, Dr. Ruchi Vaidya in collaboration with Dr. Pramila Kalra presented the proposal in front of the Ethics Committee as well as the Scientific Committee at Ramaiah Medical College to obtain a provisional clearance for the proposal.

Additional Activities

Testing of waste management samples

RICPHI has been experimenting with bulk food waste management by converting food waste into both solid compost and liquid leachate using a unique 100% aerobic composting technology. Recently, the team had the products of composting tested by both Ramaiah Advanced Testing Laboratory and the Indian Institute of Horticultural Research, Hessarghatta.



Contact Us:

Ramaiah International Centre for Public Health Innovations (RICPHI)

MSR Nagar, MSRIT Post, Bengaluru-560054, Karnataka

Email: Ricphi.admin@ramaiahgroup.org

Ph: 080-2365190 Extn: 268